

AKS	Indicators of Achievement
A - Fitness	
participate in health-enhancing physical activities (GPS) (3PE_A2009-1)	1a - participate in developmentally appropriate health related fitness activities, the components of a health related fitness test (e.g. FITNESSGRAM) 1b - describe the benefits of physical fitness 1c - identify one activity associated with the following components of health related fitness: cardiovascular endurance, muscular strength and endurance and flexibility 1d - maintain continuous aerobic activity for a specified period of time 1e - count heart rate 1f - demonstrate non-ballistic stretching techniques
B - Motor Skills and Movement Patterns	
demonstrate locomotor and non-locomotor movements utilizing equipment and/or partners (GPS) (3PE_B2009-2)	2a - move in a variety of ways using mature locomotor patterns in relation to a partner or objects 2b - move in a variety of ways using non-locomotor movements in relation to a partner or objects
demonstrate a variety of balances alone or with others (GPS) (3PE_B2009-3)	3a - demonstrate an inverted balance 3b - demonstrate symmetrical and asymmetrical balances 3c - recognize and demonstrate balances or hangs using a variety of inverted shapes 3d - move smoothly from one balanced position to another in a variety of ways 3e - balance a variety of objects (stilts, balance boards)
demonstrate three primary characteristics of an overhand throw (GPS) (3PE_B2009-4)	4a - throw showing side to target 4b - throw showing stepping with opposition 4c - throw showing arm back 4d - throw showing follow through 4e - throw as far as possible using smooth overhand throw
catch a thrown ball (GPS) (3PE_B2009-5)	5a - move in different directions to catch a ball thrown by a partner
apply rhythms to locomotor and non-locomotor combinations (GPS) (3PE_B2009-6)	6a - keep a steady beat while using locomotor and non-locomotor movements 6b - use a combination of locomotor and non-locomotor movements while keeping a steady beat
demonstrate combinations of transferring weight (GPS) (3PE_B2009-7)	7a - transfer weight from one body part to another in a variety of ways 7b - step into transfers of weight from feet-to-hands over low equipment or apparatus
jump repeatedly using a self-turned rope (3PE_B2009-8)	

<p>demonstrate progress in striking with body parts and implements (GPS) (3PE_B2009-9)</p>	<p>9a - dribble a ball in self-space using one, then the other hand 9b - dribble while moving to the right or left 9c - dribble and change direction at the signal 9d - run and kick a ball that is moving slowly toward and away from self, using the instep 9e - use the inside or outside of the foot to slowly dribble a ball 9f - dribble while changing pathways and directions at the signal 9g - bounce and then strike a small object to a wall or across a low net using an underhand motion with a lightweight paddle or racket 9h - bounce and then strike a small object using a forehand motion with a lightweight paddle or racket 9i - strike a softly pitched ball with a bat as far as possible 9j - dribble a wiffle-type ball with a hockey stick and change directions and pathways at the signal 9k - strike a self-tossed ball using a two handed overhand volley</p>
<p>demonstrate fleeing, dodging, and chasing skills during game play individually and in game play (GPS) (3PE_B2010-1)</p>	
<p>C - Movement Concepts and Principles</p>	
<p>utilize relationships of self to equipment and others (GPS) (3PE_C2009-10)</p>	<p>10a - explains rules of a modified game 10b - use matching or mirroring and meeting or parting to design and perform dance or gymnastic sequences with a partner or small group 10c - use relationship strategies to show simple offense and defense</p>
<p>D - Personal and Social Behavior</p>	
<p>demonstrate acceptable behaviors in a physical setting without reinforcement (GPS) (3PE_D2009-11)</p>	<p>11a - identify appropriate choices when picking a partner or group 11b - use courtesy when other students are asking or answering questions 11c - demonstrate sportsmanship (respect for others, cooperation, abiding by the rules of the activity) 11d - values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</p>